

# LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF March 7<sup>th</sup>

*Week of Champions (Tournament Week)*



**Monday, March 7th:** Welcome back Track 1! This week is Week of Champions/Tournament Week! UNO® and Sorry® Tournaments Today.

|  |                      |              |                               |                 |                           |             |            |                      |                           |                             |                      |
|--|----------------------|--------------|-------------------------------|-----------------|---------------------------|-------------|------------|----------------------|---------------------------|-----------------------------|----------------------|
|  | 7:00-9:00            | 9:00-9:30    | 9:30-10:15                    | 10:15-11:00     | 11:00-12:00               | 12:00-12:30 | 12:30-1:00 | 1:00-1:30            | 1:30-2:15                 | 2:15-3:15                   | 3:15-6:30            |
|  | Choice Play<br>Gym 2 | Snack/<br>PG | Morning<br>Assembly<br>Studio | Soccer<br>Gym 1 | UNO® Tournament<br>Studio | Lunch       | Rest Time  | Bombardment<br>Gym 1 | Dog and<br>Bone<br>Studio | Sorry® Tournament<br>Studio | Join After<br>School |

**Tuesday, March 8th:** Today is wear your FAVORITE TEAM Day. Matching® and Connect 4® Tournaments Today.

|  |                                   |           |                           |   |                                |             |            |                       |                             |                   |                      |
|--|-----------------------------------|-----------|---------------------------|---|--------------------------------|-------------|------------|-----------------------|-----------------------------|-------------------|----------------------|
|  | 7:00-9:00                         | 9:00-9:30 | 9:30-10:15                | 10:15-11:00                                     | 11:00-12:00                    | 12:00-12:30 | 12:30-1:00 | 1:00-2:15             | 2:15-2:45                   | 2:45-3:15         | 3:15-6:30            |
|  | Choice Play<br>Art Room/<br>Gym 2 | Snack     | Human<br>Bowling<br>Gym 1 | Make Your<br>Own<br>Trading<br>Card<br>Art Room | Matching® Tournament<br>Studio | Lunch       | Rest Time  | Connect 4® Tournament | Parachute<br>Games<br>Gym 1 | Line Tag<br>Gym 1 | Join After<br>School |

**Wednesday, March 9th:** Please wear your **BLUE SHIRTS**. Participants K-2 will be in Group 1 and leave at 9:00am. Rock, Paper, Scissors Tournament Today.

|  | 7:00-8:30                         | 8:30-9:00    | 9:00-10:00  | 10:00-10:30   | 10:30-11:00 | 11:00-12:00        | 12:00-12:30 | 12:30-1:00 | 1:00-1:30                              | 1:30-2:15                  | 2:15-2:45               | 2:45-3:15       | 3:15-6:30            |
|--|-----------------------------------|--------------|---|---|-------------|--------------------|-------------|------------|--|----------------------------|-------------------------|-----------------|----------------------|
|  | Choice Play<br>Art Room/<br>Gym 2 | Snack/<br>PG | Group 1 Pick-up from site @ 9:00am<br>Sertoma Arts Center<br>9:30-10:30<br>Return to Site @ 11:00am |   |             | Dodgeball<br>Gym 1 | Lunch       | Rest Time  | Rock, Paper,<br>Scissors<br>Tournament | Run the<br>Canyon<br>Gym 1 | Fruit Salad<br>Art Room | Chief<br>Studio | Join After<br>School |
|  |                                   |              | Dodgeball<br>Gym 1  | Group 2 Pick-up from site @ 10:00am<br>Sertoma Arts Center<br>10:30-11:30<br>Return to Site @ 12:00pm |             |                    |             |            |  |                            |                         |                 |                      |

**Thursday, March 10th:** Please wear your **BLUE SHIRTS**. Cornhole Tournament today!

|  |                                   |              |   |  |  |             |            |                              |                   |                     |                      |
|--|-----------------------------------|--------------|---|--|--|-------------|------------|------------------------------|-------------------|---------------------|----------------------|
|  | 7:00-9:00                         | 9:00-9:30    | 9:30-12:00  |  |  | 12:00-12:30 | 12:30-1:00 | 1:00-2:15                    | 2:15-2:45         | 2:45-3:15           | 3:15-6:30            |
|  | Choice Play<br>Art Room/<br>Gym 2 | Snack/<br>PG | Pick-up from site @ 9:30am<br>Triangle Rock Club<br>10:00-11:30<br>Return to Site @ 12:00pm |  |  | Lunch       | Rest Time  | Cornhole Tournament<br>Gym 1 | Catch-Up<br>Gym 1 | Hangman<br>Art Room | Join After<br>School |

**Friday, March 11th:** Today is HAT DAY. Madden 2016 Tournament on PS4 today.

|  |                                   |              |                        |  |             |             |            |             |                 |                      |
|--|-----------------------------------|--------------|------------------------|--|-------------|-------------|------------|-------------|-----------------|----------------------|
|  | 7:00-9:00                         | 9:00-9:30    | 9:30-11:30             |  | 11:30-12:00 | 12:00-12:30 | 12:30-1:00 | 1:00-2:15   | 2:15-3:15       | 3:15-6:30            |
|  | Choice Play<br>Art Room/<br>Gym 2 | Snack/<br>PG | Madden 2016 Tournament |  | Playground  | Lunch       | Rest Time  | Nature Walk | Awards Ceremony | Join After<br>School |

# LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 1

## WEEK OF March 14<sup>th</sup>

### St. Patrick's Day Week



**Monday, March 14th:** Welcome to St. Patrick's Day Week!

|  | 7:00-9:00                   | 9:00-9:30 | 9:30-10:15                    | 10:15-11:00                    | 11:00-11:30                  | 11:30-12:00                | 12:00-12:30 | 12:30-1:00 | 1:00-1:30               | 1:30-2:15                          | 2:15-2:45                          | 2:45-3:15           | 3:15-6:30         |
|--|-----------------------------|-----------|-------------------------------|--------------------------------|------------------------------|----------------------------|-------------|------------|-------------------------|------------------------------------|------------------------------------|---------------------|-------------------|
|  | Choice Play Art Room/ Gym 2 | Snack/ PG | Morning Assembly Meeting Room | Ice Breaker Games Meeting Room | Lake Lynn Tournament Bracket | Catch the Leprechaun Gym 1 | Lunch       | Rest Time  | Ultimate Knockout Gym 1 | How to catch a Leprechaun Art Room | Good Morning Mr. Leprechaun Studio | Human Bowling Gym 1 | Join After School |

**Tuesday, March 15th:** Today is PAJAMA DAY, so wear your favorite Pajamas! We are hoping to have someone come out and teach the kids an Irish Dance.

|  | 7:00-9:00                   | 9:00-9:30 | 9:30-10:15                | 10:15-11:00               | 11:00-11:30                     | 11:30-12:00             | 12:00-12:30 | 12:30-1:00 | 1:00-1:30               | 1:30-2:15    | 2:15-2:45                   | 2:45-3:15                       | 3:15-6:30         |
|--|-----------------------------|-----------|---------------------------|---------------------------|---------------------------------|-------------------------|-------------|------------|-------------------------|--------------|-----------------------------|---------------------------------|-------------------|
|  | Choice Play Art Room/ Gym 2 | Snack/ PG | Leprechaun Invasion Gym 1 | Jailbreak Dodgeball Gym 1 | Lucky Leprechaun Munch Art Room | T-Ball Outside or Gym 1 | Lunch       | Rest Time  | Leprechaun Relays Gym 1 | Soccer Gym 2 | Intro to Irish Dance Studio | King of the Jungle Meeting Room | Join After School |

**Wednesday, March 16th:** Please bring a bathing suit and towel and a bag for your clothes. We will get dressed at the Aquatic Center before returning to Lake Lynn.

|  | 7:00-9:00                        | 9:00-9:15 | 9:15-9:45                    | 9:45-12:50  |  |  |  |  | 12:50-1:15 | 1:15-2:15        | 2:15-2:45              | 2:45-3:15  | 3:15-6:30         |
|--|----------------------------------|-----------|------------------------------|---|--|--|--|--|------------|------------------|------------------------|------------|-------------------|
|  | Choice Play Meeting Room / Gym 2 | Snack/ PG | Get Dressed/ Bathroom/ Water | Pick up from site @ 9:45am<br>Buffalo Rd. Aquatic Center<br>10:15-12:00<br>Return to Site @ 12:50pm |  |  |  |  | Lunch      | Rest Time Studio | Shamrock Slime Outside | Playground | Join After School |

**Thursday, March 17th:** It's St. Patrick's Day! Wear GREEN today.

|  | 7:00-8:45                        | 8:45-9:00 | 9:00-12:00   |  |  |  | 12:00-12:30 | 12:30-1:00 | 1:00-1:30       | 1:30-2:15                 | 2:15-2:45              | 2:45-3:15                          | 3:15-6:30         |
|--|----------------------------------|-----------|--|--|--|--|-------------|------------|-----------------|---------------------------|------------------------|------------------------------------|-------------------|
|  | Choice Play Meeting Room / Gym 2 | Snack     | Pick up from site @ 9:00am<br>Raleigh Little Theater<br>9:30-11:30<br>Return to Site @ 12:00pm |  |  |  | Lunch       | Rest Time  | Smugglers Gym 1 | Leprechaun Masks Art Room | Down, Down, Down Gym 1 | iPads and Board Games Meeting Room | Join After School |

**Friday, March 18th:** We will be having a scavenger hunt today!

|  | 7:00-9:00                        | 9:00-9:30 | 9:30-10:15     | 10:15-11:00                         | 11:00-12:00            | 12:00-12:30 | 12:30-1:00 | 1:00-2:45                           |  |  |  | 2:45-3:15  | 3:15-6:30         |
|--|----------------------------------|-----------|----------------|-------------------------------------|------------------------|-------------|------------|-------------------------------------|--|--|--|------------|-------------------|
|  | Choice Play Meeting Room / Gym 2 | Snack/ PG | Playground Tag | Pot of Gold Rainbow Chains Art Room | Capture the Flag Gym 1 | Lunch       | Rest Time  | Leprechaun Scavenger Hunt Lake Lynn |  |  |  | SPUD Gym 1 | Join After School |



ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

# LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 1

## WEEK OF March 21<sup>st</sup>

### *Jump into Spring Week*



**Monday, March 21st:** Welcome to Jump Into Spring Week!

|  | 7:00-9:00                         | 9:00-9:30    | 9:30-10:15                             | 10:15-11:00                             | 11:00-12:00       | 12:00-12:30 | 12:30-1:00 | 1:00-1:30                    | 1:30-2:15                    | 2:15-2:45                          | 2:45-3:15                              | 3:15-6:30            |
|--|-----------------------------------|--------------|--|---|-------------------|-------------|------------|------------------------------|------------------------------|------------------------------------|--|----------------------|
|  | Choice Play<br>Art Room/<br>Gym 2 | Snack/<br>PG | Morning<br>Assembly<br>Meeting<br>Room | Ice Breaker<br>Games<br>Meeting<br>Room | Handball<br>Gym 1 | Lunch       | Rest Time  | Ants on a<br>Log<br>Art Room | Guard the<br>Castle<br>Gym 1 | The "B"<br>Game<br>Meeting<br>Room | Apples to<br>Apples<br>Meeting<br>Room | Join After<br>School |

**Tuesday, March 22nd:** Don't forget your **BLUE SHIRTS**! Participants will receive a drink and popcorn at the movie.

|  | 7:00-8:00                         | 8:00-8:30 | 8:30-11:30   | 11:30-12:00               | 12:00-12:30 | 12:30-1:00 | 1:00-2:15                    | 2:15-2:45                 | 2:45-3:15           | 3:15-6:30            |
|--|-----------------------------------|-----------|--|---------------------------|-------------|------------|------------------------------|---------------------------|---------------------|----------------------|
|  | Choice Play<br>Art Room/<br>Gym 2 | Snack     | Pick up from site @ 8:30am<br>Six Forks Station Cinema<br>9:00-11:00<br>Return to Site @ 11:30am | Houdini<br>Hoops<br>Gym 1 | Lunch       | Rest Time  | <b>Nature Scavenger Hunt</b> | Whoosh<br>Meeting<br>Room | Circle Run<br>Gym 1 | Join After<br>School |

**Wednesday, March 23rd:** Today is CRAZY HAIR DAY. How crazy can you make your hair?

|  | 7:00-9:00                         | 9:00-9:30    | 9:30-10:15    | 10:15-11:00                   | 11:00-11:30                                 | 11:30-12:00          | 12:00-12:30 | 12:30-1:00 | 1:00-1:30                       | 1:30-2:15                             | 2:15-2:45        | 2:45-3:15            | 3:15-6:30            |
|--|-----------------------------------|--------------|---------------|-------------------------------|---|----------------------|-------------|------------|---------------------------------|---------------------------------------|------------------|----------------------|----------------------|
|  | Choice Play<br>Art Room/<br>Gym 2 | Snack/<br>PG | Blob<br>Gym 1 | Lighthouse<br>Meeting<br>Room | <b>Flower Sun<br/>Catchers<br/>Art Room</b> | Monkey Ball<br>Gym 1 | Lunch       | Rest Time  | <b>Plant Cycle<br/>Art Room</b> | See Ya<br>Later<br>Alligator<br>Gym 1 | Museum<br>Studio | Wickle Ball<br>Gym 1 | Join After<br>School |

**Thursday, March 24th:** Today is WACKY OUTFIT DAY. Wear the wackiest looking outfit you can think of! We will also be having Electronics Day.

|  | 7:00-9:00                         | 9:00-9:30    | 9:30-10:15                  | 10:15-11:00                           | 11:00-12:00                   | 12:00-12:30 | 12:30-1:00 | 1:00-1:30                                 | 1:30-3:15                        | 3:15-6:30            |
|--|-----------------------------------|--------------|-----------------------------|---------------------------------------|-------------------------------|-------------|------------|---|----------------------------------|----------------------|
|  | Choice Play<br>Art Room/<br>Gym 2 | Snack/<br>PG | Obstacle<br>Course<br>Gym 1 | <b>Plant a<br/>Flower<br/>Outside</b> | Name That Tune<br>Meeting Rom | Lunch       | Rest Time  | <b>The Life of a<br/>Plant<br/>Studio</b> | Electronics Time<br>Meeting Room | Join After<br>School |

**Friday, March 25th:** Program will be closed for the Holiday.

# Holiday – No Program



ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

# Lake Lynn Track Out

## Track 1 - Week 1– Tournament Week



### Reminders

#### Bring daily

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle

*\*Tuesday is Wear your Favorite Team Day!!*

*\*Friday is HAT DAY!*

*\*We will be holding mini tournaments all week long.*

#### Science/Nature:

-Nature Walk

#### Arts & Crafts:

-Make Your Own Trading Card

#### Food Experience:

-Fruit Salad

*\*Remember pink & white Key Tag and/or Photo ID when picking up participants\**

### Field Trip Information and More!

#### Sertoma Art Center

1400 W Millbrook Rd, Raleigh, NC 27612

919-996-2329

Participants can brush up on their art skills or learn to develop new ones as they create fun & unique art projects with the help of Art Center Staff!

#### Triangle Rock Club

6022 Duraleigh Road, Raleigh, NC 27612

919-803-5534

Triangle Rock Club is Raleigh's premiere rock climbing facility with climbing walls and boulders. Participants will be given a beginner climbing lesson and should wear comfortable clothing (nothing too loose due to the fact that they will be climbing and wearing climbing harnesses).

**This trip will require a waiver to be signed by each child's parent/guardian.**

*\*We will be spending time outside during the winter; in small spurts. Please be sure participants are dressing appropriately. A jacket, pants and a hat would be preferable.*



# Lake Lynn Track Out

## Track 1 - Week 2– St. Patrick's Day Week



### Field Trip Information and More!

#### Buffaloe Road Aquatic Center

5908 Buffaloe Road, Raleigh, NC 27616

919-996-5600

Participants will get to experience a water slide, lazy river, water vortex, play areas and more at Raleigh Parks, Recreation & Cultural Resources Department's most unique Aquatics facility!

#### Raleigh Little Theater

301 Pogue Street, Raleigh, NC 27607

919-821-4579

An exciting world of drama awaits at Raleigh Little Theatre! Participants will get the opportunity to experience a behind-the-scenes tour and a short drama workshop.

\*We will be spending time outside during the winter; in small spurts. Please be sure participants are dressing appropriately. A jacket, pants and a hat would be preferable.

### Reminders

#### Bring daily

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle

*\*Tuesday is Pajama Day!*

*\*Thursday is Wear Green Day!*

#### Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Swimsuit and Towel for the pool

#### Science/Nature:

-Shamrock Slime

#### Arts & Crafts:

-Leprechaun Masks

-Pot of Gold Rainbow Chains

#### Food Experience:

-Lucky Leprechaun Munch

#### Drama:

-Intro to Irish Dance

#### Clinic:

-How to catch a Leprechaun

\*Remember pink & white Key Tag and/or Photo ID when picking-up participants.\*



# Lake Lynn Track Out

## Track 1 – Week 3 – Jump into Spring Week



### Field Trip Information and More!

#### Six Forks Station Cinemas

9500 Forum Drive, Raleigh, NC 27615

919-846-3904

Participants will get to enjoy a trip to the movies complete with popcorn & drink as they view a children's movie on the big screen! (All films are rated PG)

\*There will be no program on Friday March 25th for the Holiday.

### Reminders

#### Bring daily

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle

#### Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips

*\*Wednesday is Crazy Hair Day!*

*\*Thursday is Wacky Outfit Day!*

#### Science/Nature:

-Scavenger Hunt

#### Arts & Crafts:

-Flower Sun Catchers

-Plant a Flower

#### Food Experience:

-Ants on a Log

#### Drama:

-Life of a Plant

#### Clinic:

-Plant Cycle

\*Remember pink & white Key Tag and/or Photo ID when picking-up participants\*

